

Cystic fibrosis cannister campaign

Peggy Hembrock, K mart 7324, O'Fallon, Missouri chaired a drive for employees to collect money for cystic fibrosis. Employees hit the pavement with cannisters for three consecutive days and raised \$652.

Ellen Sharp, program director for Cystic Fibrosis of St. Louis said that it was the first time she had ever had a business offer to assist, without any prodding. She was pleased to have K mart working for the program.

When Ron Borger, store manager, presented Sharp with a fish bowl containing the \$652, she in turn, presented the employees with a trophy which reads: "Children with Cystic Fibrosis Thank The Employees of K mart 7324."

"The people in the community were generous and helped us reach this amount," writes Hembrock. "The employees think it might be interesting to set a goal to raise more than was raised this year on a first time basis and also to challenge other local K marts."

K mart employee chosen DECA Vice President

Rodney Long, a K mart 7358 Goodlettsville, Tennessee employee, has been elected the Middle Tennessee Vice-President for the Tennessee Distributive Education Clubs of America (DECA).

Long will keep a busy schedule of activities as a state officer for Tennessee DECA. In June he attended the National DECA Career Development Conference in New Orleans, Louisiana. About his experiences at the conference Long stated, "I was extremely pleased to be present at the recognition session when K mart was acknowledged for 30 years of service with the National DECA program."

Along with the other state officers, Long will conduct leadership conferences throughout the

state this fall. In November, he will be attending the Southern Region DECA Conference in Savannah, Georgia. Long will also represent Tennessee DECA at various meetings and will visit with DECA chapters throughout his term of office.

Long is a 1983 graduate of Goodlettsville High School where he was selected "Marketing and Distributive Education Student of the Year." He is now a freshman at Middle Tennessee State University where he is majoring in marketing and management.

He has been with the Goodlettsville K mart since it opened in August, 1981. Long, as well as several other Goodlettsville High School students, have earned co-op credit for the Marketing and Distributive Education program as a K mart employee.

In reference to his work experience at K mart, Long stated, "My experience at K mart has helped prepare me for my activities in DECA such as meeting new people. It has also helped me in my marketing courses in high school and college. I appreciate the opportunities for job training that K mart has given me and other DECA students over the last 30 years."

Heavy Weights give Suzanne Schwenke a big lift

Who weighs 133 pounds, stands five feet three inches and can lift 270 pounds from a dead lift? Suzanne Schwenke, part timer at K mart 9616, De Ridder, Louisiana.

Schwenke is a power lifter. After strapping on a thick, leather belt, wrapping her knees in Ace bandages, breathing deeply and thrusting massive weights up and down for a few minutes, a certain air of confidence is exuded from this person.

"You do it all yourself. If you're on a basketball team, for instance, your shot might depend on whether you get a good pass. When you lift, it's you. If you don't lift the weights, it's your fault."

Three times a week, Schwenke works out for an hour and a half with weights. On alternate days she runs or swims for exercise.

Concentration is most important for Schwenke, maybe even moreso than actual physical strength.

"Power lifting is not only strength. It's more exhausting mentally than physically. It's more of a shock to your mind when you

move up to a higher weight. You have trained, so your body is prepared, but your mind is not. That's why concentration is so important."

When Schwenke is at a competition and about to begin her lift, her muscles tighten and all she hears is the voice of her coach. Everything else is blocked out.

People's attitudes towards her is another aspect of the sport that Schwenke has to deal with.

"Just because I'm a weightlifter doesn't mean I'm not feminine or pretty. When I walk in wearing a dress and heels you should see the shock on people's faces. People think you're going to have these great, big, huge muscles in the shoulders. I'm firm and built up, but just to see me on the street, I don't think many people know I lift weights."

Right now, Schwenke is not sure what she wants to do with her

career. She attended Louisiana Tech for a year as a petroleum technology major, but decided that it wasn't for her. But in power lifting, Schwenke takes a firm stand.

"I will continue to lift as an individual. I tend to be lazy when I train by myself, though. Sometimes when you know you can do it and the weights just won't lift it can be frustrating but I really enjoy it; that's what keeps me going."



Suzanne Schwenke, K mart 9616, DeRidder, Louisiana.

